

PST/INTERVIEWS FOR SBT-22 STENNIS, MS

The PST coordinator schedules PST Time and Location. Submit your online [PST Request](#) via seal website, your request will be processed with other candidates in your geographic location.

NOTE: YOU WILL NOT BE SCHEDULED FOR THE PST UNTIL YOU HAVE BEEN CLEARED BY BUD/S MEDICAL. PLEASE READ AND FOLLOW THE [STEP-BY-STEP GUIDELINES](#)

Time

TBD

LOCATION

TBD

DIRECTIONS

TBD

GEAR LIST

Candidates are required to arrive 15 minutes early with the items listed below:

The original approved special request chit

Service and Medical Record

Military identification card

T-shirt, dungarees or cammies, and boots for **SEAL**

candidates

T-shirt, shorts, and running shoes for **SWCC candidates**

Swimsuit and towel

Drinking water

Upon Successful completion of the PST

Candidate will be interviewed, IAW MILPERSMAN 1220-150.
Interview requirement items:

- (1) Uniform of the day
- (2) The original approved special request chit
- (3) Military ID
- (4) Service record
- (5) Medical record
- (6) Wavier(s) (See Waivers)

NOTE:

Cancellations or rescheduling of a scheduled PST can be
Requested via

Email: **Email:** [PST Reschedule](#)

Or Mail to: PSTcoordinator@navsoc.navy.mil